

#### Loma Linda Senior Center Activities

For information on the following activities, contact the Loma Linda Senior Center at 909-799-2820.

#### Hawaiian Luau luncheon

Date: August 23

Time: Noon – 2:00 p.m.

#### Personal Safety and self-protection course by the Sheriff's department

Date: August 30

Time: 10:00 – 11:30 a.m.

#### Homeowners and Renters Rebate Assistance

Wednesday appointments available

Time: 10:00 - 12 p.m.

Call 909-799-2820 for an appointment

#### Consult with an Attorney-at-Law (Free)

Date: September 26, 2006 (Tues.); October 26, (Thurs); November 28, (Tues)

Time: 9:00 – 3:00 pm.

Call 909-799-2820 for an appointment

#### Special Modern Art Method presented by Hal Lambert. Bring your own lunch.

Date: September 5

Time: Noon - 6:00 p.m.

#### "Farewell to Summer" Seasonal Celebration. Bring your favorite seasonal dish to a Pot Luck Luncheon - open to all! Entertainment

Date: September 18 (UPDATE)

Time: 12:00 – 1:30

#### Day Trip to the L.A. County Fair

Date: September 27

Cost \$32.00

Time: 12:15 – 8:00 p.m.

#### Monthly Birthday Celebration

Date: September 28; October 26<sup>th</sup>; November 23<sup>rd</sup>;

Time: 11:00 a.m.

#### Travelogue "Sunny Mediterranean"

Date: October 10

Time: 11:30 Refreshments

#### Healthy Brains Lecture

An educational outreach seminar designed to promote brain health and wellness. New research is supporting the notion that an enriched environment is the key to continued brain development into our senior years and challenging the traditional notion that the human brain ceases development by the age of five. Come learn what simple steps we can take in our day to day activities that will help maintain our brains efficiency and productivity. Refreshments

Date: October 11

Time: 10:00 – 11:00

Old Fashioned Community Band Concert and Ice Cream Social

Date: October 18<sup>th</sup>

Time: 7:00 – 9:00

Author's book signing "Ten miles from the nearest Sin" by Norma Koester.

Refreshments will be served.

Date: October 17

Time: 11:30 – 1:00 p.m.

Health Care Decisions week 10/30/06 – 11/3/06. Come to a presentation on Advance Directives.

Forms and information will be available. Refreshments will be served.

Date: October 31

Time: 11:00 – noon

Lecture Presentation "Know your V.A. Benefits" Presenter: Jeff Samuels, MSW

Date: November 1

Time: 10:00 – 11:00 a.m.

Get Prepared – 11/15/06 – 12/31/06 - Medicare's Open Enrollment. Health Plan Forum

Various Health Groups and Prescription Drug Plans will be represented. Questions and Answers;

Handouts; Refreshments Served.

Date: November 7<sup>th</sup>

Time: 11:30 – 1:00

Veterans Day Celebration Free Luncheon sponsored by The Palms.

Date: November 9

Time: 12:00 – 1:30